

# JOIN THE RANKS OF THE MARYLAND CAPITOL POLICE



The Maryland Capitol Police is seeking qualified candidates for Police Officer II which is a full functioning law enforcement position. We welcome lateral transfers from other Maryland law enforcement agencies and certified police officers looking to extend their law enforcement career after retirement.

The Maryland Capitol Police is a full service police department with over 200 police, security and civilian personnel, which provides law enforcement and security services for State of Maryland facilities and grounds in the Baltimore and Annapolis area. Our facilities house all facets of State Government Operations and include the Maryland State Capitol, Governor's Mansion, and House and Senate Buildings which are visited by over one million people per year.



## Qualifications

Candidates must possess a High School diploma or G.E.D. certificate and a validate driver's license. Preferred candidates will have a minimum of six months experience as a certified police officer in Maryland and be able to complete all steps in the application process to include:

- Functional Fitness Assessment (see below),
- Interview panel,
- Background investigation,
- Polygraph examination or computerized voice stress analysis,
- Physical and psychological exams, and
- Drug screening.

## Salary

- Starting salary between \$43,232.00 and \$54,495.00 per year based on qualifications with progression to \$67,412.00 per year.
- Annual step increases of two to five percent as funded
- Guaranteed cost of living increases over the next two years:
  - Five percent in July 2020
  - Four percent in July 2021

## Benefits

- Paid vacation time: 10 - 25 days per year, based on years of service (may accrue up to 600 hours)
- Personal Leave: Additional 6 days of paid leave per year
- Sick leave: 15 days per year (unlimited sick leave accrual which can be used as service credit toward the employee's retirement)
- Clothing allowance: \$1500.00 per year
- Pay incentives for college degrees and completion of annual fitness test
- Shift differential pay: \$2.00 extra per hour
- Insurance Benefits: Employer pays up to 80% of premiums for medical and prescription drug plans





## Career Opportunities and Advancement

Maryland Capitol Police Officers have the opportunity for a variety of assignments and special duties as well as advancement through supervisory ranks.

- Career and salary advancement through promotional processes
- Assignment to specialized units such as:
  - Training
  - Canine Unit
  - Criminal Investigations
- Assignment to special details such as:
  - Bicycle Patrol
  - Color Guard
  - Mobile Field Force
  - Associate Instructor
  - Field Training Officer



## How to Apply

To check for current openings go to: <https://jobapscloud.com/MD/>

Or call: **410-767-4677**

## Functional Fitness Assessment Test (FFAT)

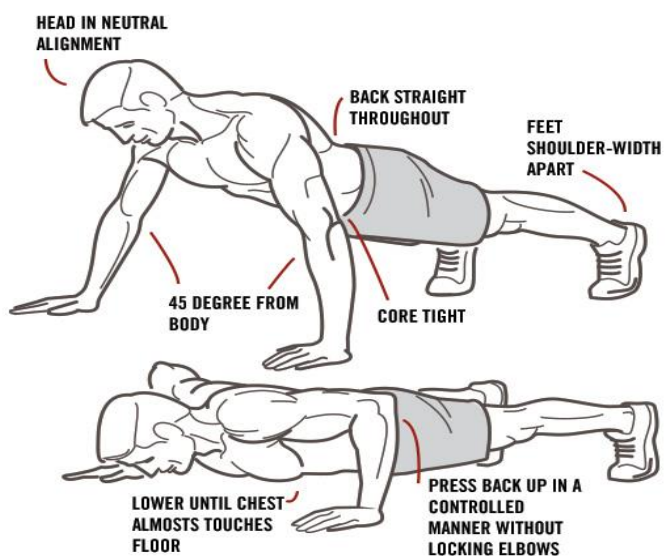
After submitting an application for the position, the next step in the process is the Functional Fitness Assessment Test (FFAT). You must have a Medical Practitioner's Certification (see below) signed by a physician in order to take the test. Be sure to allow your doctor enough time to complete this form. Applicants who fail to bring a completed and signed Medical Practitioner's Certification with them to the test will not be allowed to participate. The test consists of the successful completion of the following:

- 1. Crunch Test** measures abdominal and hip flexor muscular endurance.  
The score is the number of crunches performed in one minute. Participants start by lying on their back with their knees bent, feet flat on the floor, with hands clasped behind the head. The buttocks must remain on the floor with no thrusting of the hips. In the up position, the individual should touch elbows to knees and then return until the shoulder blades touch the floor. A correct crunch will be counted each time the up position is met while maintaining proper form. **The participant must complete 28 crunches in one minute.**
- 2. Push-up Test** measures muscular endurance of the upper body.  
The score is the number of push-ups performed in one minute. The participant's hands are placed slightly wider than shoulder width apart, with fingers pointing forward. Feet are together and body is in the plank position with a straight line from ankles to the shoulders and head. Starting from the up position (elbows extended), the participant must keep the back straight at all times and lower the body to the floor until chest touches 3 inch sponge or fist. Subject then returns to the up position. **The participant must complete 19 Pushups within 1 minute.**
- 3. Supine Stretch** measures flexibility. Participants begin from a seated position; legs together, knees straight. In a slow, continuous motion the participant will extend fingertips forward reaching towards toes. **Extension is measured from edge of toes and the participant's fingertips must extend 1.50 inches beyond the toes.**
- 4. 300 Yard Dash** measures cardiovascular capacity.  
**Candidates must run 300 yards on a flat, paved surface within 80 seconds.**

Below are depictions of the proper method for performing several of the exercises involved in the test.



Supine Stretch – 1.50"



[www.PrimerMagazine.com](http://www.PrimerMagazine.com)

Push Ups – 19 in 1 minute



Crunches – 28 in 1 minute



# MARYLAND CAPITOL POLICE

## MEDICAL PRACTITIONER'S CERTIFICATION OF PARTICIPANT'S ABILITY TO PERFORM FUNCTIONAL FITNESS ASSESSMENT TEST

Applicant's Name: \_\_\_\_\_

Scheduled Date of Functional Fitness Assessment Test (FFAT): \_\_\_\_\_

Dear Medical Practitioner:

The above referenced applicant will be required to participate in the Maryland Capitol Police Functional Fitness Assessment Test (FFAT). The FFAT will be performed under the guidance of Maryland Capitol Police Fitness Coordinators and consists of the below elements. Practitioners need only certify that the Applicant may safely participate in:

- **Push-Ups** (Muscular Endurance) at least 19 push-ups performed in one minute.(Max Reps Performed)
- **Sit-Ups** (Muscular Endurance) at least 28 bent leg sit-ups performed in one minute.(Max Reps Performed)
- **Flexibility** (Range of motion of lower back and hamstrings) Score is in inches reached on a Supine Stretch Box measurement 1.50" beyond toes.
- **300 Yard Dash** (Cardiovascular) Performed in 80 seconds or less.

CAN perform at this time: Yes \_\_\_\_\_ No \_\_\_\_\_ (MUST be checked)

The section below must be completed in its entirety and personally signed by the applicant's medical practitioner. Please ensure each line is completed. Illegible or incomplete forms will not be accepted and the applicant will not be allowed to test. Stamped signatures affixed by office personnel on the medical practitioner's behalf are not acceptable.

*I hereby certify that I am a licensed medical practitioner and that I have satisfied and maintained the licensing required for my specialty. My opinions are based on my personal review of the applicant's examination, and the conclusions reached are based on a reasonable degree of medical certainty. I understand that a Maryland Capitol Police representative may contact me regarding the information certified herein.*

**\*\*\*PRACTITIONER'S ORIGINAL SIGNATURE REQUIRED. NO STAMPS OR COPIES\*\*\***

Practitioner's Signature: \_\_\_\_\_ Date of Examination: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Speciality: \_\_\_\_\_

License No: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone No: \_\_\_\_\_

ANNAPOLIS DETACHMENT  
29 St. Johns St. • Annapolis, MD 21401  
410-260-2911 • fax: 410-974-2224  
email: DGS.MCP@maryland.gov



BALTIMORE DETACHMENT  
301 W. Preston St., Room M-5 • Baltimore, MD 21201  
410-767-2911 • fax: 410-333-7036  
email: DGS.MCP@maryland.gov